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Spring 2010

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SAN DIEGO ROWING



KIM CUPINI

2009 WIRA COACH OF THE YEAR
2009 WCC COACH OF THE YEAR



USD ROWING



2010 USD QUICK FACTS.....

Location..... San Diego, CA
 Founded..... 1949
 Enrollment..... 7,800
 Affiliation..... NCAA Division I
 Conference..... West Coast Conference
 Nickname..... Toreros
 School Colors..... Torero Blue, Navy, White
 Athletic Dept. Phone..... (619) 260-4803
 President..... Mary E. Lyons, Ph.D.
 Executive Director of Athletics..... Ky Snyder
 Senior Assoc. Athletic Director..... Mike Matoso
 Associate Athletic Director/Bus. Affairs..... Dan Yourg
 Assoc. AD for Compliance / SWA..... Shaney Fink
 Assoc. AD for Development..... Brian Fogarty
 Assoc. AD for Facilities & Operations..... Andy Fee
 Assoc. AD for Sports Medicine..... Carolyn Greer, A.T., C.
 Assoc. Dir. of Marketing & Sponsorship..... Steve Becvar
 Director of Jenny Craig Pavilion..... Josh Lawrence
 Dir. of Sports Performance Training..... Stephane Rochet

WOMEN'S ROWING STAFF.....

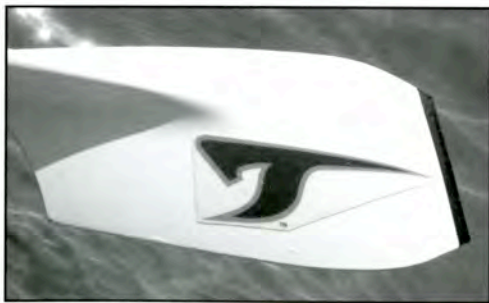
Head Coach..... Kim Cupini
 Alma Mater..... USD
 Cupini E-mail..... kcupini@san Diego.edu
 Assistant Coach..... Andria Shook (USC)
 Assistant Coach E-mail..... ashook@san Diego.edu
 Novice Coach..... Greg Everett (Oregon State)
 Novice Coach E-mail..... everettg@san Diego.edu
 Volunteer Asst. Coach..... Chris Wheeler (UC Davis)
 Volunteer Asst. Coach..... Marisa Mohan (U. Tennessee)
 Volunteer Asst. Coach..... Krista Gearing (U. Tennessee)
 Office Phone..... (619) 260-5923
 Rowing Fax..... (619) 260-2213

PRACTICE LOCATION.....

Body of Water..... Mission Bay
 Practice Area (Acres)..... 1950 acres of water

MEDIA RELATIONS.....

Assoc. AD for Media Relations..... Ted Gosen
 Assistant Director of Media Relations..... Chris Loucks
 Media Relations Coordinator (W. Rowing)..... Ryan McCann
 McCann's Office phone..... (619) 260-2323
 Office Fax..... (619) 260-2990
 McCann's e-mail..... rmccann@san Diego.edu
 web site..... www.usdtoreros.com



University of San Diego

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 San Diego, CA
 92110-2492

Coggeshall Rowing Center

1220 El Carmel Point
 San Diego, CA
 92109-7404

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USD Varsity 8 crew at Lake Natoma after their 2nd place finish in the WCC Championship



WCC Championship Coordinator Ellen Moore (right) announces Kim Cupini WCC Coach of the Year



UNIVERSITY OF SAN DIEGO

TOREROS
 WOMEN'S ROWING





KIM CUPINI - Head Coach (3rd Year)



Kimberly Cupini, West Coast Conference Coach of the Year and Western Intercollegiate Rowing Association Coach of the Year for 2009, has entered her third year as Head Coach for the University of San Diego Women's Rowing team. Under Cupini's direction, the women's rowing program has solidified itself as a top contender in all its events, demonstrating the program's speed and depth over the past two seasons. This fall, the team saw great success with a V8 and V4 first place finish at NARF, a V8 and V4 first place finish at the Long Beach Christmas Regatta, and remain City Champions of San Diego.

In 2009, Cupini oversaw a team that finished in the top four in all events, with highlights stemming from the West Coast Conference Championships and Western Intercollegiate Rowing Association Regatta, as well as successfully defending the Berg Cup with a first-place finish by the Second Varsity 8 squad. At the WCC Championships for the 2009 season, the team finished second place overall, capturing a gold medal in the Varsity 4 division while taking home the silver in both the Varsity 8 and Second Varsity 8 races. Cupini and the Toreros followed up their conference performance by medaling in all Varsity events at the WIRA Championships, with a silver medal finish from the Second Varsity 8 and two bronze medal finishes from the Varsity 4 and Varsity 8. Through Cupini's leadership, five Toreros were honored as All-WIRA performers, including three first-team members. The team finished the 2009 season strong in the prestigious Dad Vail Regatta in Philadelphia, Pennsylvania. Advancing to the grand finals, the Second Varsity 8 captured the silver medal while the Varsity 8 finished fourth.

In her first season, Cupini led the Toreros to more top finishes in other regattas across the nation. The Toreros captured the gold in the Berg Cup, the San Diego City Championship, and the Row for the Cure. The team went on to place second in the Cal Cup event at the San Diego Crew Classic. They were only 1.1 seconds shy of the gold. Cupini also led the team to a second place finish at the West Coast Conference Championships. At Conference, the Toreros showed their depth racing to a second place finish in each event; the Varsity 4, Second Varsity 8, and the Varsity 8. The Toreros concluded the 2008 season making the grand finals at the Dad Vail Regatta. Following the 2008 season, Cupini was asked to assist with the Junior National Team Development Camp in Connecticut to prepare athletes for the Junior National Team and the Junior World Championships.

Coach Cupini has also led her athletes to success individually with one CRCA All-Western Region Second Team Award recipient as well as two WCC All-Conference Honorees. Not only accolades on the water, USD earned recognition off the water and in the classroom with three National Scholar Athletes last season alone, and six in the last two seasons. Within the Athletic Department at USD, under the guidance of Cupini, the rowing team received the Torero Champs Challenge award. This award was given



Head Coach Kim Cupini looks on as the team ergs at the edge of Mission Bay during a warm-up prior to on the water practice.

to the team who showed the highest level of dedication to community service and involvement in San Diego, and an equally high level of support for other USD athletic events.

Before Cupini's arrival to the University of San Diego as Head Coach in 2007, she was the Varsity Assistant Coach at the University of

Central Florida. During the 2006-2007 Season, UCF recorded its best results in program history, being one of only sixteen teams to earn a NCAA Championship berth. During the season, the Varsity 8 received its first national ranking at No. 9 and the team went on to finish third in the South Region. The squad also claimed the overall point trophy at the Southern Intercollegiate Rowing Association (SIRA) Championships. Individually, Cupini received a Scholar-Athlete Inspirational Award in the spring of 2007, which was nominated by UCF's first ever National Scholar-Athlete and All-American Krystina Sarff.

During the 2005-2006 Season at Central Florida, Cupini assisted the Varsity 8 in earning its first ever top 20 ranking in the USRowing/CRCA Coaches' Poll. That same year the team claimed its highest team ranking to date finishing fourth in its region at the South/Central Regional Championship. Cupini also coached the Varsity 4 to wins over Michigan, UCLA, Notre Dame, Louisville, Columbia, Syracuse, Miami, and Clemson. Cupini was nominated for South Region Assistant Coach of the Year in 2006.

As a former assistant at the University of San Diego in 2004, Cupini assisted the Toreros to a second place finish at the WCC Championship in the 2004-2005 Season and boosted the largest varsity returning roster in program history. In addition to her coaching responsibilities, Cupini served as the assistant in the Student-Athlete Academic Support Program.

As an alumni of USD and a former Torero Rower, Cupini was a three-time MVP (2001-2003), a two-time Western Intercollegiate Rowing Association All-Conference pick (2002 and 2003), and a two-time All-WCC performer (2001 and 2003). In 2003, she was the recipient of the Leadership and Contribution to Student Life Award. During her rowing career at USD, she also served as co-captain, made the WCC All-Academic Team, was voted most inspirational athlete, and received the Best Effort award. Cupini graduated with a Bachelor of Arts in Environmental Studies and a minor in Business Administration.

Cupini began her rowing career in her hometown of Rochester, NY as a member of Pittsford Rowing Club during its inaugural season. Cupini's Varsity 8 placed second at the New York State Championship and went on to compete at the Junior Nationals in their first year of competition. Today, Cupini has received the highest USRowing Coaching Certification, Level III, and continues to participate in the USRA Advanced Coaching Series.



ANDRIA SHOOK

Assistant Coach (3rd Year) - USC

Andria Shook is in her third year at USD. Previously, Shook served as USD's Recruiting Coordinator and Novice coach where she recruited and held San Diego's largest novice squad to date.

Head coach Kim Cupini is impressed that several of the walk-on athletes have successfully transitioned into the varsity squad and hold integral roles within the team.

This year Shook's main responsibilities are to assist the varsity squad and coordinate all recruiting activities.

While coaching the Toreros, Shook continues to compete in the sport of rowing. Most recent results include wins in local regattas such as San Diego's Row for the Cure, third and fifth place finishes at the 2009 USRowing Club National Championship in the Senior and Intermediate 1X respectively, and a second place finish at the Pacific Coast Rowing Championship in the Open 1x.

Before coaching at the University of San Diego, Shook served two seasons as California Yacht Club's junior rowing assistant coach. In her two years at CYC, she helped transform a recreational junior program into a national contender. At nationals, Shook helped lead the CYC team to three grand and two petite finals.

Prior to coaching at CYC, Shook was a four-year letter winner at the University of Southern California. Never having rowed in high school, she walked on to the novice squad her Freshman year and was later that season moved up with the varsity. Among her highlights as a Trojan scholar-athlete, she served as team captain in 2004 where she helped lead the Varsity eight to a third place finish at the PAC-10 Championships. Other collegiate successes include an 8th and 12th place finish at the NCAA Championships in the Varsity 8.

She was named to the All-West Region Team and the Pac-10 All-Academic team in 2004 as well as an All Pac-10 athlete. She was also awarded honors in 2002-2004 for her academic success. After graduating, Shook placed second at the Head of the Charles (2006), first at the San Diego Crew Classic (2007) in the club eight, and 1st and 2nd place at the Masters National Championships (2006) in the 4X and 8+ respectively.

In the summer of 2004, Shook joined Teach for America where she spent three years teaching elementary school in Lynwood, California in conjunction with coaching for CYC. She obtained a Masters degree in Education from Loyola Marymount University.



GREGORY EVERETT

Novice Coach (2nd Year) - Oregon State

Everett is in his second season with the USD women's rowing team. He transitioned from working with both varsity and novice squads to the Head Novice coach. As assistant coach of the Varsity team, Everett helped guide the team to a gold medal in the Varsity 4 division at the WCC Championships and a Berg Cup victory with the Second Varsity 8. In addition to the gold medals, the Toreros picked up five silver medals and a bronze medal in the 2009 season.

Everett arrived at USD in 2008 after two seasons as UCLA men's novice rowing coach. While at UCLA, he helped transform a dwindling club program back into a national competitor. At the club nationals he helped lead UCLA's novice eight to a sixth place finish against Michigan, Texas, and UC Davis.

Prior to coaching at UCLA, Everett was a three-year letter winner at Oregon State University. Among his highlights at OSU, he helped lead the Varsity eight to a fourth place finish at PAC-10 Championships and an ninth place finish at the IRA National Championship.

Everett started his rowing career rowing as a sophomore in high school for the Newport Aquatic Center; earning two fifth place finishes at the US Rowing Youth Invitational in the quad.



MARISA MOHAN

Volunteer Asst. Coach - 1st Year - Tennessee

A graduate of University of Tennessee, Marisa Mohan has been rowing since her days at Grossmont High School in San Diego. Mohan graduated from Tennessee with a degree in Journalism Electronic Media and Political Science.

Her current responsibilities include assisting Greg Everett and the novice program during on the water training in Mission Bay and erg trials. She also assists Head Coach Kim Cupini with tasks for the varsity program on a daily basis and travels with the team.

She's been rowing since the age of 16 when she joined the San Diego Rowing Club, and coaches for the Mission Bay Rowing Association and Mission Bay Aquatic Center. Rowing for Tennessee, she was the Lady Volunteer of the Year and also earned a first place finish at the Head of the Charles Regatta, and was named to the SEC Honor Roll as well as the Tennessee Volunteer Thornton Center Honor Roll.



CHRIS WHEELER

Volunteer Asst. Coach - 1st Year - UC Davis

From Sebastopol, California, Chris Wheeler graduated from Analy High School where he participated in Football and Baseball. Wheeler attended UC Davis where he earned a Bachelor of Arts in Psychology and minored in Communications while rowing for the Aggies.

His current responsibilities include assisting with both the Varsity and Novice rowing teams providing instruction on technique, race strategy and overall rowing fitness and endurance.

Wheeler has been rowing for eight years starting as a freshman at UC Davis followed by a stint with the Pennsylvania Athletic Club as a starboard rower and sculler. He is a two-time All WIRA First Team selection, Most Valuable Oarsman in 2006.



KRISTA GEARING

Volunteer Asst. Coach - 1st Year - Tennessee

Hailing from Fenwick, Ontario, Canada near Niagara Falls, Krista Gearing is in her first year at USD. She graduated from E.L. Crossley high school she was an all around athlete participating in hockey, basketball, volleyball, track & field, cross country, swim team, as well as rowing.

A rower since her freshman year of high school, she started as a starboard and soon learned to row port as well eventually learning sculling too. She graduated from the University of Tennessee with a Bachelor of Arts degree in English with a concentration in Literature. As a Lady Volunteer, she was a member of the varsity rowing team where she rowed in the Varsity 8 at Head of the Charles to a third place finish and earned 2nd Team All-American honors as a senior captain of the team.

2010 USD WOMEN'S ROWING COACHING STAFF





CHRISTINE HOLLOWAY
SENIOR STARBOARD
LOS ANGELES, CA

A four-year rower at USD. Christine's athleticism and drive to improve has brought the Toreros to the next level. She powered the Varsity 8 boat to a 1st place finish in the Pac-10 Challenge in Redwood Shores from the seven seat in 2009 and stroked the Varsity 8 to a 2nd place finish at the WCC Championship. To conclude the 2009 season, Christine led the Varsity 8 to a 3rd place finish in the Western Intercollegiate Rowing Association Regatta at Lake Natoma, CA earning All-WIRA honors and a 4th place finish at the historic Dad Vail Regatta on Philadelphia's Schuylkill River.

Christine will be graduating this spring with a degree in Ethnic Studies. Originally from Los Angeles, CA. She's intending to work in the non-profit sector for a year before attending graduate school.



KATHARINE PETRICH
SENIOR PORT
SEATTLE, WA

A four-year athlete at USD and currently San Diego's team captain. Her leadership supported the Varsity 8's 1st place finish in the Pac-10 Challenge in Redwood Shores and a 2nd place finish at the WCC Championship. Helped the Varsity 8 to a 3rd place finish in the Western Intercollegiate Rowing Association Regatta at Lake Natoma, CA and a 4th place finish at the Dad Vail

Regatta. During her four years rowing in USD's V8, she has been an integral part of the team's growth and success.

Katharine began her rowing career at Greenlake Crew in Washington before moving to San Diego. She will be graduating with a double major in history and political science and intends to attend graduate school for a PhD with hopes to ultimately work for the US Government or the Foreign Service.



MICHELLE SCHOOLER
SENIOR PORT
SAN DIEGO, CA

Michelle spent the summer before her senior year training and racing for Vesper Boat Club in Philadelphia, PA. She competed at the USRowing Club National Championships and the Canadian Henley while training at Vesper. During the 2009 season, she raced in the Varsity 8 throughout the season and has had a dramatic impact on the speed of USD's crews.

Michelle is a native of the San Diego area and an avid Charger fan. She will be graduating with a degree in Philosophy and plans to ultimately attend graduate school to continue her education. Her passion for rowing has also motivated her to continue to train and race competitively in hopes to strive for the national team.



TAYLOR CALDWELL
JUNIOR PORT
FULLERTON, CA

Spent her first season with the varsity program bouncing between the first and second Varsity 8. She competed at the Pac-10 Challenge in Redwood Shores. Taylor propelled the Second Varsity 8 boat to a 2nd place finish at the WCC Championship, a 2nd place finish at the Western Intercollegiate Rowing Association Regatta at

Lake Natoma, CA, and a 2nd place finish at the Dad Vail Regatta. As a student-athlete at USD, Taylor has received West Coast Conference All-Academic awards for her contribution to her team and her academic success.

From Fullerton CA Taylor began her rowing career at USD. Taylor is majoring in Biochemistry with a minor in business. Approaching her fourth year at USD, Taylor is beginning the application process to attend Medical School after graduation.



ALLYN DeLOZIER
JUNIOR COXSAIN
PHOENIX, AZ

Has been the varsity coxswain throughout the 2008-2009 seasons. She recieved WIRAs first team for the 2009 season. Her focus and drive to win both on and off the water has helped bring the forth the results the Toreros have displayed to date. She led the Varsity 8 to a 1st place finish in the Pac-10 Challenge in Redwood Shores and a 2nd place finish at the

WCC Championships. Allyn concluded the 2009 season with a 3rd place finish in the Western Intercollegiate Rowing Association Regatta at Lake Natoma, CA, and a 4th place finish at the Dad Vail Regatta.

Allyn began her rowing career as a rower for Xavier Prep in Tempe, AZ. She later transitioned to coxing and returns to her high school program to work Xavier's learn-to-row camps. She's double majoring in history and English and plans to pursue law or become a teacher.



MELANIE LUCAS-CONWELL
JUNIOR PORT
PALO ALTO, CA

As a former member of NorCal Crew in Redwood City, CA Melanie began her collegiate rowing career as a Torero. She stroked the USD pair during the Western Intercollegiate Rowing Association at Lake Natoma, CA, finishing in 4th place in the grand final. Racing during the summer of 2009, Melanie competed for Bair Island Aquatic Center at the Southwest Masters Regional Championship and has also had the opportunity to row under the Ponte Vecchio in Florence, Italy. Her ability to both sweep row and scull has allowed Melanie to be very efficient on the water.

Melanie lives in Palo Alto, CA and has chosen to move to Mission Beach for her junior year at USD- now a quick bike ride to USD's boathouse. Pursuing a degree in International Relations, Melanie's fluency in French and Italian will make her a strong candidate when she pursues a career in international business upon graduation.



NICHOLE NORBY
JUNIOR STARBOARD
DETROIT LAKES, MN

Nichole returns to USD for her third season with the Toreros. While at home last summer, Nichole competed in her first triathlon. She also attended the USRowing Identification Camp in the fall of 2009. Last season, she powered the second varsity 8 to a 1st place finish in the Varsity 8 event at the Berg Cup in Newport Beach. While rowing at 6 seat, she helped lead the 2nd varsity 8 to a 2nd place

finish at the WCC Championship, a 2nd place finish at the Western Intercollegiate Rowing Association Regatta at Lake Natoma, CA, and a 2nd place finish from the seventh seat at the Dad Vail Regatta. Originally from Minnesota, Nichole chose USD for college because of the weather and engineering program, which she is currently pursuing. As a die-hard athlete, Nichole enjoys running, hiking, and educating herself on better nutrition. As a long-term goal, Nichole is determined to race the Leadville Trail 100



ALEXANDRE O'CONNOR
JUNIOR PORT
LITTLE SILVER, NJ

Began her rowing career at USD. Was elevated to the varsity squad as a freshman and stroked the Varsity 4+ to a second place finish at the WCC Championship in 2008. As a sophomore Alex competed in the Second Varsity 8 placing 1st at the Berg Cup in Newport Beach, 2nd place finish at the WCC Champs in 2009, 2nd at the Western Intercollegiate Rowing Association, and 2nd place at the Dad Vail Regatta.

Originally from New Jersey, Alex spent her summer lifeguarding and competing at the open rowing championships. Majoring in Business, Alex will be pursuing a career in that field.



MARILYN SMITH
JUNIOR STARBOARD/PORT
REDLANDS, CA

This year's team captain, Marilyn's leadership and work ethic has brought forward many improvements to the varsity team. She stroked the second varsity 8 to a 1st place finish in the Varsity 8 event at the Berg Cup in Newport Beach. While rowing from the bow seat, Marilyn helped lead the 2nd varsity 8 to a 2nd place finish at the WCC Championship, a 2nd place finish at the Western Intercollegiate Rowing Association Regatta at Lake Natoma, CA, and a 2nd place finish from the seventh seat at the Dad Vail Regatta. Originally from Redlands, CA, Marilyn walked on at USD as a freshman. She was a soccer and track athlete during high school. She concluded the season in the second varsity eight because of her athleticism and work ethic. While at USD, Marilyn has served as the University Ministry pre-orientation retreat leader and coordinator. She also tutors underclassmen for the Engineering Tutoring Center. Marilyn is majoring in Engineering at USD and plans to work as an electrical engineer in the renewable or alternative energy field.



LISA O'TOOLE
JUNIOR STARBOARD/PORT
NEWPORT BEACH, CA

Lisa is beginning her first season with the Toreros. Lisa is a transfer from Orange Coast College, she competed in their rowing program for two seasons primarily from the 5 seat in the varsity 8. Parents Bill and Joan are very proud of Lisa's decision to attend USD, and they often come down to races to support the team. Lisa learned about the sport of rowing from her older brothers, Kevin and Greg, who both rowed at OCC. Lisa is currently involved with the international relations and political science department at USD. She enjoys many outdoor activities which includes backpacking, scuba diving, caving, kayaking etc. She loves to read and to swing dance with her friends. She hopes to study abroad this summer in Europe and plans to get her Masters degree after graduating from USD.



KRISTIN JONES
SOPHOMORE COXSWAIN
NAMPA, ID

Captured wins for the varsity squad as coxswain at the San Diego Row for the Cure regatta and the Long Beach Christmas regatta this fall 2009. During the spring of 2008, KJ coxed for the Frosh/Novice 8 team at the Berg Cup in Newport, CA and the Western Intercollegiate Rowing Association Regatta at Lake Natoma, CA...Led the Frosh/Novice 8 squad to place second in the Berg Cup. Looking for a big change of scenery, KJ relocated to San Diego from Nampa, Idaho. While pursuing a double major in French and Communications, KJ is a member of USD's French Club, and manages to hold a part-time job at the nearby Fashion Valley Mall. With a talent for acting, KJ translated that into becoming an efficient and assertive coxswain. She has also been nominated as the team's best dodge ball player.



GINA SCHNEIDER
SOPHOMORE STARBOARD
ST. PAUL, MN

Gina enters her second year as a Torero with the determination to make it to the top. She earned her seat in the Varsity 8 as a freshman and helped the Varsity 8 conclude a successful 2009 season. Highly involved in the Student Athletic Academic Council (SAAC) Gina has served as the West Coast Conference Representative for USD and was invited to the SAAC convention in San Francisco. Additionally Gina is involved in a variety of organizations within the university community including her sorority and campus ministry. Originally from Minnesota, Gina competed for Minneapolis Rowing Club while in high school. Excited to learn to surf, Gina selected the University San Diego for the location and smaller class size. During her free time, Gina enjoys yoga, beach volleyball and visiting her brother who lives in the Los Angeles area.



HANNAH PATRICK
JUNIOR STARBOARD/PORT
NEWPORT BEACH, CA

Hannah's entering her second year with the Toreros. Attended the USRowing Identification camp in the fall of 2009. As a freshman, she spent the 2008/09 season in the stern of the Varsity 8. Voted Most Valuable Player as a freshman and was awarded as first team All-WCC Conference for 2009. Her passion for the sport and commitment to excellence has helped her crew attain the success they've displayed. A native of southern California, Hannah competed for the Newport Aquatic Center while in high school and competed at the USRowing junior national championships in the 4+ and 8+ for two consecutive years. She placed third in the varsity 4+ in 2008. Hannah enjoys surfing in her free time and has chosen to double major psychology and theology while at USD. She is interested in joining the Peace Corps after graduation and is determined to compete at the Leadville Trail 100 following graduation.



HANNAH WARD
SOPHOMORE STARBOARD/PORT
HAILEY, ID

Began her freshman year as a novice, but was quickly elevated to the varsity squad. There, Hannah assisted the Second Varsity 8 boat to a 1st place finish during the Varsity 8+ event at Berg Cup in Newport, CA and later raced in the JV event at the San Diego Crew Classic for USD...Hannah later competed with the Frosh/Novice 8 and Frosh/Novice 4 during the Western Intercollegiate Rowing Association and was selected to travel as a spare to the Dad Vail Regatta. From Hailey, Idaho, Hannah selected to attend USD for the experience of moving to a larger city and for the beauty of USD's campus. As a basketball and volleyball player in high school, Hannah's love for team sports has transitioned perfectly to the sport of rowing. Passionate about the outdoors, Hannah enjoys hunting, hiking and boating in the mountain lakes near home. Hopes to become a nurse or EMT after college.



MAGGIE COLE
SOPHOMORE STARBOARD
CHATHAM, MA

As a multi sport high school athlete, Maggie enters her second year with the toreros. As a soccer, basketball and softball player through high school her athleticism has made her a great asset to the varsity team. She was a member of the Frosh/Novice 8 boat (third seat) that captured 2nd place at the Berg Cup in Newport, and has also rowed from the seventh seat during the Western Intercollegiate Rowing Association Regatta at Lake Natoma, CA and the Crew Classic in San Diego. From Chatham, MA, Maggie discovered the University of San Diego from family members who are alumni of USD. As a sophomore, Maggie has begun to pursue a major of Economics with a minor in French.



ANNA YAMAMOTO
SOPHOMORE COXSWAIN
HOLLIS, NH

Currently a sophomore at USD. Competed in the V4+ at Newport and the varsity eights and fours at the Long Beach Christmas Regatta this fall 200. Spent her freshman year on the novice team. The experience she gained has helped her transition to becoming a varsity coxswain for the Toreros. Anna left the cold climate in Hollis New Hampshire for sunny San Diego. You can often find Anna riding her bike around campus throughout the day. She greatly enjoys traveling and spending time with friends and family. As a math major, Anna has been an asset for the freshman as they fulfill their math requirement with her as their tutor.



MICHELLE GEESMAN
SOPHOMORE STARBOARD
APTOS, CA

Michelle joined USD's team as a freshman- never having rowed in high school. Her athleticism and fitness quickly propelled her to the Varsity squad where she became the only novice in years to race in the top varsity 8. She raced as the two seat and attained a 2nd place finish at the WCC Championship, and helped the Varsity 8 to a 3rd place finish in the Western Intercollegiate Rowing Association Regatta and a 4th place finish from the second seat at the Dad Vail Regatta. Prior to her rowing career, Michelle competed in varsity track & field as well as volleyball in Santa Cruz, CA. Her specialty events were shot put and discus. During her free time, you will find her participating in any athletic activities including hiking. Choosing USD for it's strong business school, Michelle is pursuing a degree in business.



STEPHANIE JEGAT
SOPHOMORE STARBOARD/PORT
CARMEL, CA

Stephanie's strength and level of fitness is an asset to the Toreros team. From the four seat of the Second Varsity 8, Stephanie helped the squad capture 2nd place during the WCC Championships in 2009. Earlier her freshman year, Stephanie took first in both the Novice four and eight at the Long Beach Christmas Regatta. She competed for the Frosh/Novice squad, rowing from the fifth seat during the Berg Cup in Newport, CA, Western Intercollegiate Rowing Association Regatta at Lake Natoma, CA, and the Crew Classic. Originally from Carmel, CA Stephanie chose to attend USD to pursue a degree in business and Spanish minor. Her career aspirations emphasize nutrition and tackling childhood obesity. When she is not rowing or studying, Stephanie works as a campus tour guide at USD. Fluent in French, Stephanie divides her summers by training and working at her parent's authentic bakery in Monterey.



LINDSEY DORNES
FRESHMAN STARBOARD/PORT
SEATTLE, WA

Lindsey is beginning her first season with the Toreros. From Seattle, Washington, Lindsey competed for Sammamish Rowing Association as a junior rower. Parents Jeff and Donna Dornes supported Lindsey's decision to attend USD for the smaller class sizes and the rowing program. Lindsey will be competing for a seat in a Torero varsity boats this spring. Academically, Lindsey is currently undeclared but looking into business as a major.



CASSALYNN GANNON
FRESHMAN STARBOARD/PORT
PHOENIX, AZ

Cassie is beginning her first season with the Toreros. From Phoenix, AZ, Cassie competed for Xavier Prep Crew as a junior while attending Xavier College Preparatory School. Parents Tom and Kate supported Cassie's decision to attend USD for the values the school exhibits and the academic reputation. Pursuing a major in marketing, Cassie will be competing for a seat in one of the Torero Varsity boats this spring.



ANNE LEWIS
FRESHMAN PORT
SAN FRANCISCO, CA

Anne is beginning her first season with the Toreros. From Hillsborough, CA Anne competed for NorCal Crew as a junior. She traveled to the USRowing National Championships as a novice/alternate for the Lightweight 8+ that was selected to compete. Supported by parents John and Elizabeth to attend USD for its academic reputation and individual attention. She will

be competing for a seat in a Torero varsity boats this spring. Anne has selected to pursue the coursework to attend medical school.



MAR-LYNN LONG
FRESHMAN STARBOARD
HONOLULU, HI

Marlie is beginning her first season with the Toreros. From Kailua, Hawaii, Marlie has grown up participating in water sports. After four years of paddling for Punahou, Marlie has made a strong transition to the sport of rowing. Her fitness, height and athleticism make her an ideal rower. Parents Cathie and Elia supported Marlie's decision to attend USD because of the experiences she'll gain and

additionally because her father is a USD alumni. She will be competing for a seat in one of the Torero varsity boats this spring.



KATE REID
FRESHMAN STARBOARD
SARATOGA, CA

Kate is beginning her first season with the Toreros. From Los Gatos, CA Kate competed for Los Gatos Rowing Club. She won gold at the 2009 Junior National Championship in the lightweight 8+. Parents Paul and Carol supported Kate's decision to attend USD to experience life in Southern California at a strong university. She will be competing for a seat in a Torero varsity boats this

spring. Kate is undeclared at the moment but taking a variety of courses to decide her direction.



LAUREN ROLLINS
FRESHMAN STARBOARD/PORT
KENTFIELD, CA

Lauren is beginning her first season with the Toreros. From Kentfield, CA Lauren competed for Marin Rowing Association as a junior. She competed at the 2009 Junior National Championships in the lightweight double. Parents Frank and Sonia supported Lauren's decision to attend USD for the competitive business school, which, Lauren will be entering in the near future. She will be

competing for a seat in a Torero varsity boat this spring.



KAITLIN SOPER
FRESHMAN COXSWAIN
AUDUBON, NJ

Kaitlin is beginning her first season as a coxswain for the Toreros. From Audubon, New Jersey Kaitlin has both rowed and coxed for Merion Mercy Academy on the Schuylkill river. Parents Robert and Cynthia supported Kaitlin's decision to relocate to San Diego because of USD's location and the support she will receive both in and outside of the classroom.





TOREROS LINKED TO THE COMMUNITY!



Upper Left: Executive Director of Athletics Ky Snyder and the Rowing Team participate in the Martin Luther King Jr. parade through Downtown San Diego.

Upper Middle: A Rowing Team group shot in front of one of the Athletic Department Torero Buses used to transport athletes.

Upper Right: Rowers participating in the Martin Luther King Jr. parade downtown volunteering their time for community service.

Center: The 2010 team from the peak of Mt. Laguna in East County San Diego. The team hiked to the top for beautiful 360° views, one of the finest views in the city.

Lower Left: Rowers at USD have a unique opportunity to study abroad during the summer, these rowers traveled to Europe.

Lower Middle: The rowing team during Dad Vails in Philadelphia, Penn.

Lower Right: The team out enjoying nature in San Diego.

2010 USD NOVICE TEAM



Taylor Albertini
FR Novice
Assumption, IL
Port/Starboard



Sam Barry
FR Novice
Torrance, CA
Port/Starboard



Nicole Woods
FR Novice
San Jose, CA
Port/Starboard



Bianca Brennan
FR Novice
Gilbert, AZ
Port/Starboard



Madeline Brewer
FR Novice
Tucson, AZ
Port/Starboard



Sara Church
FR Novice
Underhill, VT
Port/Starboard



Tiffany Cunningham
FR Novice
Santa Maria, CA
Port/Starboard



Laura Dullanty
FR Novice
Spokane, WA
Port/Starboard



Andrea Grohovsky
FR Novice
Yardley, PA
Port/Starboard



Haley Kannall
FR Novice
Mountain View, CA
Port/Starboard



Gwenllian Kern-Allely
FR Novice
Denver, CO
Port/Starboard



Allie Parker
FR Novice
Vail, CO
Port/Starboard



Megan Parr
FR Novice
Los Angeles, CA
Port/Starboard



Karen Rack
FR Novice
LaPalma, CA
Port/Starboard



Kelly Eldridge
FR Novice
Riverside, CA
Port/Starboard



Lauren Takahashi
FR Novice
Sturgis, SD
Port/Starboard



Danielle Ureta-Spontak
FR Novice
Raleigh, NC
Port/Starboard



Gianna Wright
FR Novice
Napa, CA
Port/Starboard





UNIVERSITY OF SAN DIEGO

TOREROS™ WOMEN'S ROWING



Rowing 101...

Blade: The end of the oar that pulls the boat through the water.

Bow: The forward end of the boat that crosses the finish line first. Also, the rower in the nearest seat to the forward end of a shell, who typically has a quick catch, stable technique and a shorter arc.

Catching a Crab: "Catching a crab" is a phrase used to describe what happens when a rower's oar enters the water at an angle other than perpendicular. At an angle, the oar gets caught under the surface of the water and, depending on the severity of the situation, can cause a boat to lose ground in a race.

The Course: Spring races are contested on a 2,000-meter (about 1-1/4 mile) course.

Coxswain: (Pronounced cox-n) The coxswain is the person who sits in the stern of the boat and is responsible for steering and commanding the crew. During a race, the coxswain will be steering.

Eight vs. Four: An Eight (8+) has eight rowers and a coxswain, and a Four (4+) has four rowers and a coxswain.

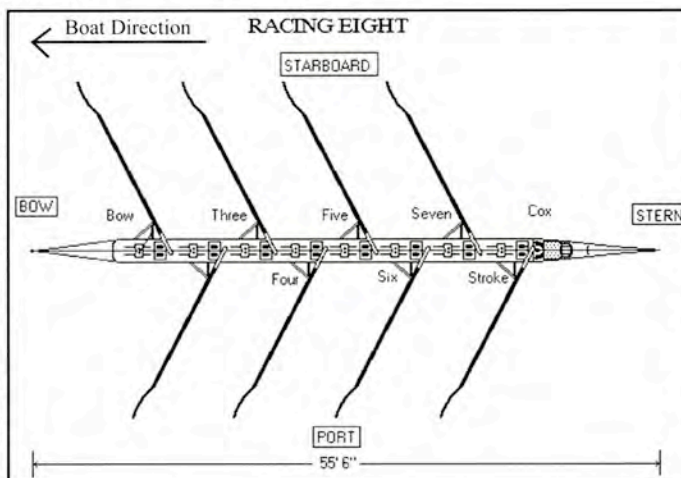
Ergs: Short for ergometer, an individualized rowing simulator that helps strength and conditioning.

Head Race: The traditional fall regatta, in which boats cross the starting line at full speed in roughly 15-second intervals. The course usually involves navigating three miles of river, around bends and under bridges.

the shell.

Run: The distance the shell moves during one stroke.

Sculling: A type of rowing where each rower has two oars.



Shell: The boat used in rowing races, ranging in length from 45 feet for a four to 58 feet for an Eight. The shell seats nine people for an Eight and five for a Four.

Sprints: Used in collegiate competition, this type of race features a course which is 2,000 meters long, usually with four to six unmarked or buoyed lanes and a floating or staked start.

Stern: The back of the boat and the end rowers face during competitions.

Stroke: A complete cycle of moving the shell through the water. The rower sitting closest to the stern looks directly at the coxswain in a stern coxed boat and sets the rhythm for the rest of the shell.

Sweeping: A type of rowing where each rower uses one oar.

Lightweight: A crew in which each athlete weighs under a specified amount (under 130 pounds for women).

Regatta: The name of rowing events in which several crews compete.

Rigger: The frame that attaches an oar to

Varsity vs. Novice: A regatta usually consists of two broad categories of events: varsity and collegiate novice. Varsity events typically showcase a program's best and most experienced rowers. Collegiate novice events are for rowers and coxswains competing in their first year of collegiate rowing.

To Learn more about the USD Women's Rowing Team, visit:

www.usdtoreros.com

To Learn more about the University of San Diego, visit:

www.sandiego.edu

Torero Women's Rowing Facilities



USD Erg Workout Facility



Mission Bay, San Diego



Torero Athletic Performance Training



Coggeshall Rowing Center



USD Sports Medicine

The **USD Erg workout facility** is home to more than 30 rowing ergometer machines. The work out room is the land location for practice and training by the women's rowing team. The Rowing program recently purchased 12 brand new rowing ergometers. USD's facilities provide excellent opportunities for a wide variety of training modalities including swimming, running, strength training with free-weights and machines, and ergometer training. The erg room boasts a spacious, airy, fully-mirrored space with 30 ergometers and a brand new state-of-the-art projection system. The Toreros use this room to erg regularly in addition to their training on the water and utilize the projection system to greater assist reviewing video of athletes' technique from water sessions.

Mission Bay is home to the USD women's rowing team and the Coggeshall Rowing Center located in El Carmel Point. The bay is host to the San Diego Fall Classic as well as the largest spring regatta on the West Coast, the San Diego Crew Classic. The bay boasts 27 miles of shoreline, 19 of which are sandy beaches with eight locations designated as official swimming areas.

Mission Bay, which was once a vast tidal marsh, was dredged in 1944 to create a recreational aquatic facility for the city of San Diego. Today, Mission Bay is used by motorboaters, sailboaters, rowers, waterskiers, picnickers, joggers, and swimmers. It is also the home to many species of birds, fish and other wildlife, and has a nature reserve at its northern end near Crown Point.

Mission Bay is one of San Diego's most fun-filled spots to visit. Nestled in the west end of the beach is a network of channels and islands - a perfect spot for everyone from wind surfers to water skiers. One can swim, enjoy the sun, rent a boat and explore the thousands of acres of waterways. It's perfect for the USD rowing team's to have on-the-water practices.

The **Coggeshall Rowing Center** was built in 1991 with a bequest from A. Wharton Coggeshall. An ideal setting for the sport of rowing, Mission Bay is the site of the San Diego Crew Classic, which draws hundreds of crews and spectators from around the country each spring. Coggeshall is home to both the USD men's and women's rowing teams. This rowing facility creates an ideal rowing atmosphere. It is home to the historic San Diego Rowing Club as well as other neighboring universities.

Torero Athletic Performance Training

The University of San Diego Athletic Department recognizes the need for all athletes to engage in a comprehensive strength and conditioning program. The USD strength and conditioning program has been designed to develop functional strength, speed, power and endurance. Adhering to a properly designed program of strength training, conditioning and nutrition, athletes become the best possible athletes they can be, while simultaneously reducing the incidence of injury. The heart of the strength and conditioning program is the USD Sports Center Varsity Weight Room (5,000 square feet). The weight room contains Olympic platforms, free weights, selectorized machines, dumbbells, and cardiovascular equipment. Student-athletes also have the luxury of utilizing the Jenny Craig Pavilion Fitness Center.

The main responsibilities of the **University of San Diego Sports Medicine Staff** are injury prevention, treatment and rehabilitation of all USD student-athletes. The Sports Medicine staff oversees seventeen intercollegiate teams and more than 450 USD student-athletes. Carolyn Greer, Associate Athletic Director for Sports Medicine, is in her 27th year as USD's Head Certified Athletic Trainer.

A 1975 graduate of San Diego State University with a Bachelor of Arts Degree in Physical Education, Carolyn went on to earn her Master's in Sports Medicine in 1978. Over the years she has taught classes in Sports Medicine and had numerous articles published in a variety of journals. Carolyn is assisted by Paul Signorelli, Joe Parry and Eli Bisnett-Cobb.

The **USD Sports Medicine** team also consists of two orthopedic surgeons, one dentist, one internist and eight student interns. The USD training room is located on the first floor of the Jenny Craig Pavilion. The training room features a treatment area, a hydro-therapy room and taping stations. The training room is also equipped with cardiovascular and rehabilitation equipment.



ALISON COX - 2004 OLYMPIAN



Rowing Olympian and University of San Diego alumna Ali Cox (2001) helped the U.S. women's eight claim a silver medal at the Athens 2004 Olympic Games. Cox and the American's held a quarter second advantage at 1,000 meters before being overtaken by Romania. The U.S. team, previously undefeated in 2004, edged Romania by .3 seconds in the heats. The 14 Olympic Rowing and Canoeing Centre over a period of nine competition days, from August 14-22, 2004.

Cox (Turlock, CA) began her rowing career at USD.

Following graduation she became one of the most successful athletes in USD history, earning three WCC All-Conference awards and three Most Valuable Oarswoman awards. As a senior in 2001, Cox was selected to the CRCA Division I All-Region First Team and received 2nd team All-America honors.



WCC Academic Award Recipients...

2009 Spring WCC All-Academic

Hannah Davis	Sr.	3.38	Business Admin.
Katherine Petrich	Jr.	3.46	History
Taylor Caldwell	So.		Biochemistry

2008 Spring WCC All-Academic

Katharine Petrich	So.	3.46	History
Christina Valadez	Sr.	3.72	Visual Arts

2007 Spring WCC All-Academic

Cristina Valadez	Jr.	3.64	Visual Arts
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2006 Spring WCC All-Academic

Aubrey Klaich	So.	3.79	Psychology
Elizabeth Sibulsky	Sr.	3.71	History
Cristina Valadez	So.	3.62	Visual Arts

2005 Spring WCC All-Academic

Angela Chiarenza	Sr.	3.46	Urban Studies
Patricia Zawidski	Sr.	3.72	Humanities

2004 Spring WCC All-Academic

Kelsey Watters	Sr.	3.48	Biology
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2003 Spring WCC All-Academic

Kimberly Cupini	Sr.	3.30	Env. Studies
Kirsten Davis	Sr.	3.55	Biology
Kelly Vanek	Sr.	3.77	Anthropolgy

2002 Spring WCC All-Academic

Laura Duryea	Sr.	3.67	Business Admin.
Brianna Leissoo	Sr.	3.34	Education
Allison Wesby	Sr.	3.78	Economics

2001 Spring WCC All-Academic

Laura Duryea	Jr.	3.60	Business
Allison Wesbey	Jr.	3.78	Economics

2000 Spring WCC All-Academic

Laura Duryea	
Allison Wesbey	

Collegiate Rowing Coaches Association Award Recipients

2009 All-Regional Team, Western Region

Christine Holloway	Katherine Petrich
Allyn DeLozier	

2009 Scholar-Athlete Award Recipients

Katherine Petrich	Taylor Caldwell
Samantha Shenko	

2008 All-Regional Team, Western Region

Jacquelyn Harris

2008 Scholar-Athlete Award Recipients

Katharine Petrich	Samantha Shorey
Christina Valadez	

2007 All-Regional Team, Western Region

Jacquelyn Harris

2007 Scholar-Athlete Award Recipients

Amanda Nudelman	Samantha Shorey
Robin Smith	

2006 Scholar-Athlete Award Recipients

Lucy Eagleson
Elizabeth Sibulsky

2005 Scholar-Athlete Award Recipients

Angela Chiarenza	Jana Ekrem
Patricia Zawidski	

2003 Scholar-Athlete Award Recipients

Kirsten Davis	Lindsey Ekern
Jana Ekrem	Kelly Vanek
Kelsey Watters	Trisha Zawidski

2002 Scholar-Athlete Award Recipients

Laura Duryea	Lisa Sofio
Kelly Vanek	Kelsey Watters
Allison Wesbey	

2001 Scholar-Athlete Award Recipients

Laura Duryea
Allison Wesbey





Dr. Mary E. Lyons
President

A Message From President Lyons

The University of San Diego is very proud of the student-athletes that represent our institution on 17 men's and women's NCAA Division-I athletic teams. These are proud and serious competitors, honored to represent the University. The dedication you witness on the playing fields, on the court, on the course, or in the water is greatly matched in the classrooms, the laboratories, on stage, or in the community. Last year thirty-nine percent of our student-athletes carried a grade-point average above 3.2, and 11 of our teams had a cumulative grade-point average above 3.0.

Athletics is vital to the University of San Diego, a way students, faculty, staff and alumni come together as one community. I am both a university president and a Torero fan; I look forward to sharing the excitement of Torero athletics with our many fans.



Dr. Julie Sullivan
V.P.
Provost



Msgr. Daniel Dillabough
V.P.
Mission & Ministry



Mr. Leendert Hering
V.P.
Business Services &
Administration



Dr. Timothy O'Malley
V.P.
University Relations



Ms. Carmen M. Vazquez
V.P.
Student Affairs

University of San Diego Mission Statement

The University of San Diego is a Roman Catholic institution committed to advancing academic excellence, expanding liberal and professional knowledge, creating a diverse and inclusive community, and preparing leaders dedicated to ethical conduct and compassionate service.

University of San Diego Vision Statement

The University of San Diego is becoming a nationally preeminent Catholic university known for educating students who are globally competent, ethical leaders working and serving in our complex and changing world.

The University of San Diego is a Roman Catholic institution committed to advancing academic excellence, expanding liberal and professional knowledge, creating a diverse and inclusive community, and preparing leaders dedicated to ethical conduct and compassionate service.



KY SNYDER

Executive Director of Athletics



Ky Snyder was named Executive Director of Athletics at the University of San Diego on December 10th, 2003. Dr. Mary E. Lyons, USD President, introduced Snyder who returned to USD where he was Director of Athletic Development from 1990 to 1996. He came back to USD from the San Diego International Sports Council where he held the position of President.

With the San Diego International Sports Council, Snyder's primary responsibility was to promote San Diego/Tijuana as the preferred region for sporting events and activities that benefit the community both economically and socially. Accomplishments of the Sports Council bid efforts during Snyder's tenure included securing San Diego the 1997 and 1998 ESPN Summer X Games, the Suzuki Rock & Roll Marathon, the 1999 Major League Soccer All-Star Game, the Bank of America/U.S. Olympic Cup, NCAA Division I Men's Basketball First & Second Round (2001) contests, the NCAA Division I Women's Volleyball Championships (2001) and Super Bowl XXXVII.

In the spring of 2001, Snyder was named the President of the San Diego Super Bowl XXXVII Host Committee. He still serves as President of the San Diego Super Bowl Task Force. Snyder was also the Executive Director of the San Diego International Sports Foundation.

Prior to joining the SDISC, Snyder was the Director of Athletic Development at the University of San Diego for six years. At USD he was responsible for establishing the Torero Athletic Association, fund-raising efforts for athletics, managing athletic special events and generating corporate sponsorship of athletics.

At USD he oversees an athletic department with seventeen NCAA Division I intercollegiate teams and over 450 student-athletes. He is responsible for all administrative, management and supervisory aspects of the Department of Athletics. Additionally, he oversees the strategic long-range planning and monitoring of budgets, personnel, programs, facilities, fundraising, promotions and marketing, and public relations for an NCAA Division I program consisting of eight sports for men and nine sports for women. He serves on the NCAA Olympic Liaison Committee, the NCAA Division I Football Rules Committee, the West Coast Conference Strategic Long Range Planning Cabinet, USD's President's Advisory Board for Inclusion and Diversity, and this past year was the Corporate Chair of the JDRF Walk to Cure Diabetes.

This past season saw the USD athletics program win its second consecutive WCC Commissioner's Cup. The conference trophy goes to the school with the top performing athletics program in the eight-team West Coast Conference. Four Torero teams advanced to the NCAA Tournament in 2008-09, while a record six teams made it in 2007-08.

Snyder played football at San Diego State University. He holds a Bachelor's degree in Marketing from San Diego State University and has studied in the Master's Leadership Program at the University of San Diego.

Snyder, who has been a San Diego resident for 27 years, has a very athletic family. His wife, Sue, was a former standout member of the United States women's national volleyball team who played at San Diego State and also coached the Aztecs and University of San Diego's women's volleyball teams. In addition, Snyder's father, Lester, held the position as President of the United States Tennis Association.

The Snyder's reside in Poway with their son Riley (age 16), daughter Sydney (age 13) and daughter Cammy (age 10).



The Snyder Family: Riley, Cammy, Sue, Sydney, and Ky.

USD ATHLETICS MISSION & VISION STATEMENT

Department of Intercollegiate Athletics Mission Statement

As part of the University of San Diego, a Roman Catholic University, the Department of Intercollegiate Athletics is committed to advancing the academic and athletic excellence and enhancing students' lives while promoting the University of San Diego.

Department of Intercollegiate Athletics Vision Statement

As part of the University of San Diego, a Roman Catholic University, the Department of Intercollegiate Athletics is educating its student athletes while building leadership and team work qualities and a reputation as winners on and off the field of play.

TORERO ATHLETICS... A TRADITION OF SUCCESS



Executive Director of Athletics Ky Snyder holding the 2007-08 WCC Commissioner's Cup. The Commissioner's Cup is an all-sports award presented at the end of each academic year to the league's top performing school in conference play.

The University of San Diego has a long history of athletic success since making the jump from Division II to Division I back in 1979. The Toreros joined the West Coast Conference in 1979 and have remained loyal members of the conference ever since. The Toreros field 17 Division I teams with women's sports including: basketball, cross country, rowing, soccer, softball, swimming, tennis, track and volleyball. Men's sports include: baseball, basketball, cross country, golf, football, rowing, soccer and tennis.

The Toreros football team competes in the Pioneer Football League; the swimming and diving team competes in the Western Athletic Conference and the softball team competes in the Pacific Coast Softball Conference as the WCC does not sponsor these particular sports.

In the mid to late 1980's, the Torero athletics teams splashed on the national scene placing the small private school from Southern California on the map. In 1984, the Torero men's basketball

team made its debut in the national spotlight winning the WCC Championship and making its inaugural appearance in the NCAA tournament. Three years later, the men's basketball team would again make an appearance in the NCAA Tournament after once again claiming the WCC championship. The Torero men's basketball team made its third appearance in the field of 64 after pulling off an upset win in the WCC Tournament championship game over heavily favored Gonzaga University in 2003 to receive the conference's automatic bid into the NCAA Tournament. The men's basketball also made a trip to the big dance in 2008, after once again upsetting Gonzaga in the WCC Tournament Championship game. USD made history as the 13th-seeded Torero knocked off fourth -seeded UCONN, 70-69, to advance to the second round of the tournament for the first time.

The success of Torero athletics was not limited to the men's basketball team. Several other teams began to splash on the national scene with the men's tennis program becoming the next athletic program to enter the NCAA postseason. In 1989 and 1990 the men's tennis team dominated the WCC and not only made it into the NCAA postseason, but advanced on to the second round in both seasons. Since then, the men's tennis program has maintained that success making five more appearances into the postseason with trips in 1995, 2003, 2004, 2005 and 2006. In 1990, four-time All-American Jose Luis Noriega enjoyed a lot of success advancing all the way to the quarterfinals in singles play, and in 2005 Pierrick Ysern was the national runner-up in singles play.

The tennis success was not limited to the men, as the Torero women have also seen success in the NCAA postseason, making eight trips to the postseason since the move to Division I in 1979. The women's tennis teams have made appearances from 1989-92 and 1995-99 with the 1989, 1990, 1997 and 1999 squads advancing into the second round. Like the men's program, the women have sent numerous individuals to the postseason with four-time NCAA All-American Zuzana Lesnarova claiming the national championship in 1999, giving USD its first national championship at the Division I level.

In the early 1990's, Torero athletics began to succeed in other sports as well with arguably the highlight coming in the 1992 season when the men's soccer team became the national runner-up to the University of Virginia. The men's soccer team however was no stranger to the postseason having made its inaugural appearance in the College Cup Tournament in 1990. Since then the Toreros have made nine more appearances in the postseason, advancing to the second round three times.

Torero Highlights

Baseball

WCC Championships: 2002, 2003, 2007, 2008
NCAA Appearances: 2002, 2003, 2006, 2007
2008

Men's Basketball

WCC Champions: 1984, 1987
WCC Tournament Titles: 2003, 2008
NCAA Appearances: 1984, 1987, 2003, 2008

Women's Basketball

WCC Tournament Titles: 1993, 2000, 2008
NCAA Appearances: 1993, 2000, 2008
WNIT Appearances: 2007

Football

PFL Championships: 2005, 2006, 2007
Mid Major National
Championships: 2005, 2006

Men's Golf

NCAA Appearances: 2006, 2008

Men's Soccer

WCC Championships: 1992, 1995, 1998
1999, 2000, 2009
NCAA Appearances: 1990, 1992, 1993
1994, 1995, 1998
1999, 2000, 2001
2002, 2003, 2009

Women's Soccer

NCAA Appearances: 1996, 1999, 2000
2001, 2002, 2003
2004, 2007, 2008,
2009

Men's Tennis

WCC Championships: 1989, 1990
NCAA Appearances: 1989, 1990, 1995
2003, 2004, 2005
2006

Women's Tennis

NCAA Appearances: 1989, 1990, 1991
1992, 1995, 1996
1997, 1998, 1999

Women's Volleyball

WCC Championships: 1998, 1997, 2004
2006, 2007, 2008
NCAA Appearances: 1993, 1996, 1997
1998, 1999, 2001
2002, 2003, 2004
2005, 2006, 2007,
2008



In 1993, the women's volleyball team began to make a lot of noise making their inaugural appearance in the postseason. The Toreros have since enjoyed 12 appearances in the postseason with the 2004 and 2006 squads advancing as far as the Sweet 16.

In 1993, the women's basketball team had one of its most successful seasons in program history as they made their inaugural trip into the NCAA Tournament after claiming the WCC Tournament Championship. The Toreros have since made two more trips to the "Big Dance" in 2000 and in 2008. In 2000, USD pulled off a major upset in the WCC Championship game against heavily favored and top-seeded Pepperdine University. The Toreros then had their most successful season in program history during the 2006-07 season, eclipsing the 20-win mark, to a program-best 21-9 finish, a program-best 2nd place finish in the WCC and a berth into the WNIT. Then in 2008, the Toreros once again got to the NCAA Tournament by defeating top-seeded Gonzaga in the WCC Championship game.

The Women's soccer program began to enjoy success in the mid 1990's. In 1996 they not only made their inaugural trip the College Cup Tournament, but advanced to the second round. Then from 1999-2004 the women's soccer team was a consistent participant in the postseason with the 1999 and 2004 squads advancing on to the second round. In 2007, the women's soccer team recorded a program-best 15-3-3 and received a program-best No. 9 national ranking, while finishing second in the WCC and returning to the NCAA Tournament.

After the turn of the century, the success of Torero athletics has continued. In 2002 and 2003, the baseball program made its mark in the postseason after capturing back-to-back WCC Championships and advancing to the NCAA Regional's both seasons to become the first baseball team in the Division I era to make the postseason. The baseball team has continued that success in 2006 as they earned their first at-large berth into the NCAA postseason and in 2007 the Toreros reached a program-best No. 4 national ranking and a No. 8 national seed in the NCAA Regional's after capturing the 2007 WCC crown. The baseball team then won the WCC Championship again in 2008 and reached the Regional championship game for the first time in program history.

The women's swimming team, which competes in the WAC, has shown recent success as they have sent individuals to the postseason in 2003, 2004 and 2006. In all three seasons Ashley Swart competed for USD in the 400 IM and 200 breast with her highest finish coming in the 2003 season when she placed 11th nationally in the 400 IM.

The USD football team has found recent success as well as they claimed the PFL championship in the 2005 season after posting a program-best 11-1 record. They finished ranked No. 1 in the final Sports Cup Division FCS (formerly I-AA) mid-major poll, and duplicated that record in 2006 for their second consecutive PFL championship and second mid-major national championship.

The USD golf team made its inaugural appearance in the NCAA Postseason in 2006 and won their first WCC championship in 2008.

WHAT ABOUT THE NICKNAME?

In 1961, the Most Reverend Bishop Buddy, the founding father of USD, announced that the school's nickname would change from the Pioneers to the Toreros. "The name Toreros is keeping with the friendly relationship which exists between San Diego and Mexico," his Excellency said at the time.

Torero comes from the Spanish term toro, the bull, and from the word torear, to fight bulls. All of the contestants in the ring are called toreros. Torero is a general term describing a bullfighter and signifies courage, honor and fidelity. USD student-athletes, like the Torero, represent a willingness to stand alone in the ring and accept the challenge.



San Diego, California

San Diego is truly "America's Finest City." A modern metropolis (second largest in California) and a popular year-round resort, San Diego spreads from the coast to the desert, including cliffs, mesas, hills, canyons and valleys. San Diego also surrounds one of California's greatest natural harbors which has been a dominant factor in determining the city's history, economy and development.

Meteorologists claim San Diego as the country's only area with perfect climate. This ideal year-round environment posts an average daytime temperature of 70 degrees, with an annual rainfall average of less than 10 inches. Most days are sunny, with humidity generally low, even in the summer. The climate, attractive setting and recreational facilities make San Diego "America's Finest City."

The city has mostly avoided the evils of urban sprawl, which has allowed its downtown to remain vibrant, especially

the Gaslamp Quarter. San Diego is also home to the world-famous San Diego Zoo as well as Sea World. The city is great for families, but for those without kids, there is a lot to do as well.

San Diego is home to a number of military bases, primarily due to its location. In 1941, after the Pearl Harbor attacks, the U.S. established the headquarters of the Pacific Fleet in San Diego, and the city is now home to the largest air naval station on the west coast.

Unlike many cities, San Diego's airport is right next to downtown, increasing its convenience even more. It is hard to believe that San Diego is the nation's sixth-largest city, it just retains a small town feel.

According to Sports Illustrated, "For sheer numbers of participants, diversity of pursuits of involvement, San Diego must rank as the sports fitness capital of the U.S." Sports are a major feature of the San Diego lifestyle. One can sail, swim, surf, scuba dive, snorkel, wind-surf on 70 miles of public beach or golf at any of the over 80 golf courses throughout

the county. Balboa Park, a 1,158-acre recreation and cultural center, offers 25 tennis courts, two gymnasiums, two municipal golf courses, and one of the nation's finest zoos. Mission Bay Park is a 4,600-acre playground for jogging, fishing, bicycling, tennis, golf, jet skiing and kite flying.

As well as participating in recreational activities, San Diego supports their professional teams -- the NFL Chargers play at Qualcomm Stadium, and the San Diego Padres play at Petco Park. During college football bowl week, San Diego annually hosts the Pacific Life Holiday Bowl in late December. During 1998, Qualcomm Stadium hosted the Super Bowl game between Denver and Green Bay; followed by the World Series between the San Diego Padres and the New York Yankees. The Super Bowl returned to San Diego in 2003. Whatever sporting activity there is, it's here in San Diego -- the sports capital of the U.S.!



SAN DIEGO



ROWING



The Campus

The University of San Diego is an independent Catholic institution of higher education. Founded in 1949, USD is located on 180 acres overlooking Mission Bay, San Diego Harbor and the Pacific Ocean. The campus is named Alcalá Park and is located just 10 minutes from downtown San Diego. The campus was named after a Spanish village near Madrid - Alcalá de Henares. Founded by the Greeks as Complutum, the village was later renamed Al Kala (the Castle) by the Moslems. Christians recaptured the village centuries later and founded a university whose buildings became the inspiration for USD's architectural style.

Under the leadership of Mother Rosalie Hill of the Society of the Sacred Heart and Bishop Charles Francis Buddy of the Diocese of San Diego, the University of San Diego began as separate colleges for men and women. The first classes met in 1952; the School of Law opened its doors in 1954. By the late 1960's it became clear that both colleges would benefit from combining academic resources, and in 1972 the University of San Diego became a single coeducational Catholic university.

Now governed by a board of trustees independent from the founding organizations, USD is a Roman Catholic institution that welcomes students, faculty and staff of diverse religions, traditions and remains dedicated to the values originally articulated by Mother Hill and Bishop Buddy. Students choose from more than 60 undergraduate and graduate degrees programs in academic divisions including the College of Arts and Sciences and the schools of Business Administration, Leadership and Education Sciences, Law and Nursing and Health Science.

The USD campus is regarded as one of the most architecturally unique institutions in the country, featuring major buildings designed in an ornamental 16th century Spanish Renaissance style. Since 1984, USD has completed numerous major construction and expansion projects. In 2000 the Jenny Craig Pavilion, a 5,100-seat athletic center, opened its doors as home to USD basketball and volleyball. Two years ago, the Joan B. Kroc Institute for Peace and Justice opened on the west end of campus, and in 2003 the Donald P. Shiley Center for Science and Technology opened. A five-story Spanish Renaissance parking garage (1,100 spaces) was completed in 1998. A landscaped fountain plaza was finished in the fall of 1995, connecting the entrances of the Immaculata and Hughes Administration Center. In 1992, the university completed the 45,000 square foot Loma Hall, which includes an expanded bookstore, a larger mail center, classrooms and laboratories.



SAN DIEGO



ROWING

WEST COAST CONFERENCE

GONZAGA

LOYOLA MARYMOUNT

PEPPERDINE

PORTLAND



The West Coast Conference is dedicated to providing opportunities for student-athletes to achieve their fullest potential, both on the playing field and in the classroom.

The eight WCC member institutions span the western coast of the United States, from the pine forests of Eastern Washington, to the Columbia River Basin, to the dynamic San Francisco Bay Area and the sunny beaches of Southern California.

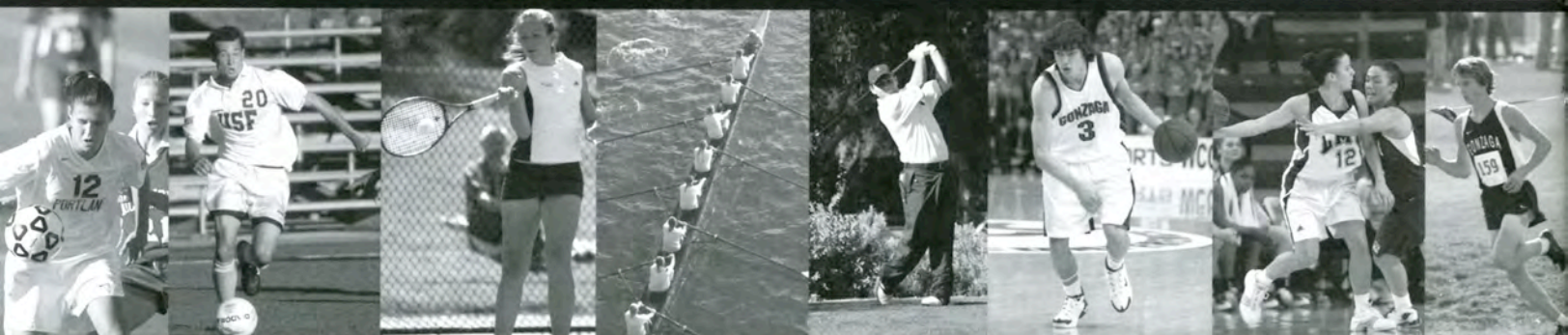
The league is characterized by the stability of its membership – only two conferences have been together longer – and its unique emphasis on combining excellence in athletics with excellence in academics.



A nationally recognized and competitive force in intercollegiate athletics, the WCC sponsors 13 sports: men's and women's basketball, soccer, tennis, cross country, and

golf; baseball; and women's volleyball and rowing. The WCC has produced over 30 NCAA individual or team champions and numerous Academic All-Americans throughout the history of the league. Many outstanding WCC student-athletes have also gone on to excel in professional sports.

The long and rich tradition of the WCC demonstrates that success in intercollegiate athletics can be built on the foundation of values, character, and academics.



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SAN DIEGO, CALIFORNIA



2010 OKLAHOMA INVITATIONAL CHAMPIONS



2010 USD WOMEN'S ROWING SCHEDULE

FALL SCHEDULE

<u>Date</u>	<u>Event</u>	<u>Results</u>
Oct. 25	Row for the Cure	V8, V4 - 1st Place
Nov. 1	Newport Autumn Rowing Festival	V4 - 1st Place, V8 - 2nd Place
Nov. 8	San Diego Fall Classic	V4 - 1st Place (Raced V4 Only)
Dec. 6	Long Beach Christmas Regatta	V8 - 1st Place, V4 - 1st Place

SPRING SCHEDULE

<u>Date</u>	<u>Event</u>	<u>Time</u>
Feb. 27	San Diego City Championships	7:00 a.m.
Mar. 11	Oklahoma City Scrimmage	8:00 a.m.

Oklahoma Invitational

Mar. 13	Oklahoma Invitational	All Day
Mar. 14	Oklahoma Invitational	All Day

San Diego Crew Classic

Mar. 27	San Diego Crew Classic	All Day
Mar. 28	San Diego Crew Classic	All Day

Apr. 10	Berg Cup	7:00 a.m.
Apr. 17	Oregon State - UCLA Dual	7:00 a.m.

West Coast Conference Championship

Apr. 30	WCC Championship	8:00 a.m.
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WIRA Championships

May 1	WIRA Championships	All Day
May 2	WIRA Championships	All Day

Dad Vail Regatta

May 7	Dad Vail Regatta	All Day
May 8	Dad Vail Regatta	All Day

